

EXTENSION Today

IN OLDHAM COUNTY

In Oldham County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Oldham County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.

Rural/Suburban Living

Town & Country Day – Oldham County Extension sponsored the first ever Town & Country Day in 2008. This event centered on improving rural and suburban interface in our communities, featuring equine and garden-related demonstrations and the Homemakers' annual plant sale. Participants learned everything from horse riding safety to how to make compost. Along with the Extension Service, Oldham County Animal Control and the Oldham County History Center helped plan and hold this event. Town & Country Day will be held again on May 9, 2009.



Oldham County Cattlemen's Association – Several cattle producers met to form the Oldham County Cattlemen's Association in 2008. The association is now officially chartered and accepting memberships.

In addition to providing information and activities to members, the association will also be a source for educating the community about food and farming.

Horse College – The second Area Horse College was held, offering practical information on owning and caring for horses. Horse College participants were able to interact with and learn from UK's Extension Horse Specialist and local agents, veterinarians and farriers. Participants rank Horse College as a quality resource for equine care information, and it continues to be one of the highest-rated agriculture extension programs in our area.

Extension Leadership

Addressing Community Needs – Many extension programs are planned by our Extension Council and program advisory council members. Members sponsored and participated in a community forum in 2007 to identify local needs that Extension could address. Forum results were used to develop our 4-year program plan.

Oldham County Extension funds are administered by our District Board. Current board members are Jon Bednarski, Oren Clore, Donna Doss, Billie Hicks, Ron Miller and Bette Zimmerman. We appreciate all our volunteers!

Healthy Lifestyles

Healthy Eating – Food safety for seniors, recipes for heart health and dealing with diabetes were part of a series of classes entitled ‘Cooking for One or Two’. These classes were geared to the aging population, helping them maintain healthy diets and cook in smaller quantities while saving time and money. Reducing sugar, salt and fat plus watching serving sizes were stressed as means of improving diets.

Health Jam – This overnight retreat educated 60 youth about the importance of healthy food choices, functions of body systems, and the importance of daily exercise. Participants studied the effects of diabetes, asthma, heart disease and lung disorders.



Community Impact

Angel Food – Share & Sample Extension Homemaker members help provide nutritious, economical food to Oldham County residents by administering the Angel Food distribution project. Their efforts helped more than 2000 families stretch their food budgets during difficult economic times.

Giving Back – Extension Homemakers contributed 17,500 volunteer hours to numerous worthy causes. Some of these included knitting hats for premature babies; making quilts for veterans; collecting school supplies for needy students; sending personal care items to soldiers in Iraq; and making pain-easing pillows for surgery patients at local hospitals.

Character Counts! – Character education is the focus of Oldham County 4-H school clubs. Members explore the six pillars of character education: trustworthiness, respect, responsibility, fairness, caring and citizenship. Members also learn to make

ethical decisions based on the knowledge acquired in Character Counts programs. Additionally, members were involved in leadership roles outside of 4-H clubs. 4-H Character Education is a collaborative effort of Oldham County 4-H and Metro United Way.

Reality Store – Reality Store is a real-life simulation that allows youth to explore career, lifestyle and budgeting choices. Before participating, youth are assigned an imaginary career and family to support. Students then spend their assigned incomes to support their families based on real monthly household expenses. For many students, 4-H Reality Store is an eye-opening experience, highlighting the importance of continuing education.

Camp Clue Leadership Series – Teen leaders have a very important job at 4-H Camp. They are the role models, teaching our younger campers the ropes. Teen leaders completed 22 hours of leadership training to prepare for their responsibilities at 4-H summer camp. 4-H camp was a success due to the 2800 volunteer hours spent investing in our children.



Reaching Out to Oldham County

<i>Educational Programs</i>	
Programs presented	542
Total participants	10,758
<i>Educational Contacts</i>	
Clientele visits	17,243
Telephone consultations	35,009
Newsletters distributed	10,556
<i>Volunteer Development</i>	
Volunteers	284
Volunteer hours	23,374
Clientele reached by volunteers	4,017

The Oldham County Cooperative Extension Service

We deliver information, education, solutions.

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